



# HOW TO REGISTER

## Step 1

Complete and submit this entry form at any YMCA of the Fox Cities locations or Calumet County Health Department or visit [www.walktowin.org](http://www.walktowin.org) to register online (beginning August 31). All information on entry form must be complete to be entered in this free program.

## Step 2

Track your minutes. Complete the attached tracking form daily.

## Step 3

Start walking! Don't forget to log your minutes walked between September 10-December 1 on your tracking form!

## Step 4

Drop off or mail your finished tracking form to any YMCA of the Fox Cities locations, the Oshkosh YMCAs or Calumet County Health Department by December 31, 2011. To be eligible for prizes, you must average 150 minutes per week. Prize drawings to be held in January 2012. Winners will be notified.

### Entry Form (One entry per participant)

Mail to: YMCA, 110 W. North Water St., Neenah, WI 54956

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

County: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Liability and Public Release

Release of Responsibility: I know that exercising is a potentially hazardous activity. I should not enter and walk unless I am medically able. I assume all risks associated with exercising including, but not limited to falls, weather, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this release and knowing these facts, and in consideration of your accepting my registration, I, for myself and anyone entitled to act on my behalf, waive and release the YMCA, government entities, and all partners and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature/Parent or guardian signature (if under 18 years old) \_\_\_\_\_

Date \_\_\_\_\_

### Pre-Walk Questionnaire

How often do you currently exercise each week? (Sustained activity for 15 minutes or more.)

\_\_\_\_\_ 0 times \_\_\_\_\_ 1-2 times \_\_\_\_\_ 3-4 times \_\_\_\_\_ 5+ times

How would you rate your general health?

\_\_\_\_\_ Poor \_\_\_\_\_ Good \_\_\_\_\_ Very Good \_\_\_\_\_ Excellent

How did you hear about Walk to Win? \_\_\_\_\_

What is your Walk to Win Goal? ☐ Lose/Maintain Weight ☐ Lower Blood Pressure

☐ Stress Relief ☐ Lower Cholesterol

☐ Manage Diabetes ☐ Other \_\_\_\_\_

## Walking Tracking Form

Place this form in a visible location and update daily.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

Follow the 1-2-3 and Stick with it!

Drop off or mail your finished tracking form to any YMCA of the Fox Cities locations, the Oshkosh YMCAs or Calumet County Health Department by December 31, 2011. To be eligible for prizes, you must average 150 minutes per week. Prize drawings to be held in January 2012. Winners will be notified.

## Official Program Rules

**Eligibility.** Individuals 5 years and older, employed or residing in the counties of Calumet, Outagamie, or Winnebago, Wisconsin can participate in Walk to Win. Persons living and working outside these counties may participate; however they are not eligible for prizes.

**Dates.** Walk to Win runs from September 10-December 1, 2011. Walkers should log minutes walked during this time.

**Registration.** Register with this form or online at [www.walktowin.org](http://www.walktowin.org) beginning August 31. Individuals must register to be eligible for prizes.

**Activity Logging.** Minutes per day must be logged on a Walk to Win tracking form or online. Please follow directions on the Walk to Win website to go to Endomondo (tracking online).

**Move to Win.** For those individuals who chose alternative activities, you may substitute moderate exercise for 10, 15 or 30 minute segments.

### September 2011

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
				Total Minutes _____ for Sept.		

### October 2011

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
				Total Minutes _____ for Oct.		

### November 2011

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
				Total Minutes _____ for Nov.		

### December 2011

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
				Total Minutes _____ for Dec.		